

## Abstract

Mental health problems plaguing adolescents have been burgeoning in the last few decades. These problems not only affect adolescents at the individual level but they also have significant consequences for the society and community at large should they be left unchecked. Understanding what contributes to the mental well-being of an individual is thus crucial, to curb these problems from arising in their adolescent years. This thesis aims to profile/predict the mental health status of an adolescent and to quantify the direct and indirect effects these predictors play in shaping the adolescent's mental well-being. By understanding what are the different predictors that explain for mental health, along with their relative strength, better decisions can be made to safeguard the mental health of an adolescent.

In this thesis, I used the R software throughout for my analysis. I employed the statistical tool of partial least square path modeling (PLS-PM) to study the system of linear relationships between various predictors. Based on theoretical (literature reviews) and empirical (correlations and multiple regression) evidence, I designed the causal path network and executed the path analysis. Bootstrap validation was also used to test the robustness of the path model outputs

